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(71) Applicant (for all designated States except US): INTER-
CURE LTD. [IL/IL]; Kislev Building, 9 HaMalkah Street,
71100 Lod (IL).

(72) Inventor; and

(75) Inventor/Applicant (for US only): GAVISH, Benjamin
[IL/IL]; P.O. Box 1141, 90805 Mevasseret Zion (IL).

(74) Agents: SANFORD T. COLB & CO. et al.; P.O. Box
227B, 76122 Rehovot (IL).

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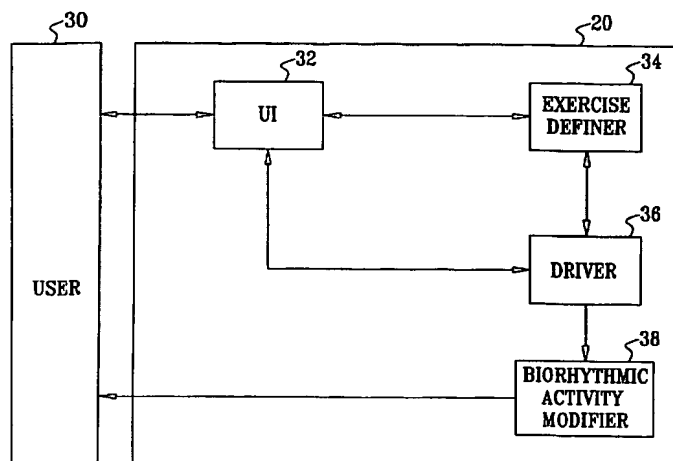
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(54) Title: GENERALIZED METRONOME FOR MODIFICATION OF BIORHYTHMIC ACTIVITY



(57) Abstract: Apparatus (20) for use with a subject (30) is provided, including a memory, storing a set of computer instructions, the memory adapted to have stored therein an initial form of a multi-phase biorhythmic activity pattern and an indication of a desired form of the multi-phase biorhythmic activity pattern, wherein a ratio of durations of two phases in the desired form is different from a ratio of durations of the respective phases in the initial form, and wherein at least one phase of the multi-phase biorhythmic activity pattern corresponds to a respective phase of a multi-phase biorhythmic activity of the subject (30). The apparatus (20) further includes a stimulus unit (38), adapted to execute the stored instructions and to generate responsive thereto a time-varying stimulus that: (a) is substantially not responsive to ongoing measurement of the multi-phase biorhythmic activity during generation of the time-varying stimulus, and (b) has a multi-phase pattern that is characterized by a series of transitional forms intermediate the initial form and the desired form that guide the subject (30) to modify the biorhythmic activity.